

**AVAILABLE DAILY
AT THE CENTER**

- **WALKING:** In climate-controlled banquet room, twenty-five (25) laps equals a mile. Monday - Friday from 8 a.m. until 3:45p.m.



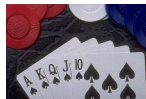
- **OUTSIDE WALKING TRAIL:** Each lap equals 1/3 Mile. Exercise and enjoy the beautiful Spring weather.



- **FITNESS ROOM:** Open for your convenience Monday – Friday from 8:00 a.m. to 3:45 p.m. (We ask that you please register at the front desk when using the fitness room.)



- **CARDS:** Card tables available for your use on a daily basis.



- **BILLIARDS/POOL :** Pool tables are available Monday, Tuesday, Thursday & Friday from 8 a.m. to 3:45 p.m. and Wednesdays from 1 to 3:45 p.m.



**RAINBOW MESSENGER
MARCH, 2015**

- **COMPUTER LAB:** The computer lab is available for your personal use daily. **FREE** computer assistance is available every Wednesday from 9-10:30 a.m. Ryan is here to assist you and answer your questions regarding computers. We also have wireless internet if you have questions about your laptop.



REGULAR SCHEDULED ACTIVITIES

- **TLC CLASS (Tender Loving Crafts)** Betty Hoffman craft coordinator and the other crafters would love for you to join the T.L.C. craft class that meets every **Tuesday morning from 10 to 12.** Come in and see the well equipped arts & crafts room. The small studio fee is \$3.00 per session and class participants may purchase project supplies at 50% off cost. Class is fun and educational & a super way to meet new friends.



March 3rd - Decoupage Glass Vase
March 10th - Ceramic Frogs
March 17th - St. Patrick's Day -Green
March 24th - Floral Tiles
March 31st - No Class

- **SINGING SENIORS:** Meet Friday mornings at 10 a.m. at The Habig Center. They will be singing at **The Timbers of Jasper at 10 a.m. on Friday March 20th.**



- **BINGO:** Will be played at 12 p.m. **Tuesdays, March 3rd, 17th & 31st.** We ask you to keep bills to \$5 and under. Cost is \$1.00 per card to play all 50 games and \$.25 to play in the two special games. Someone will be in the Banquet Room to collect money beginning at 11:30 a.m. *****You may want to bring a sweater or jacket, it sometimes gets cool.**

B I N G O									
7	25	44	57	62					
15	22	40	50	70					
11	30			46	74				
2	28	37	55	68					
10	27	39	59	75					

- **BLOOD PRESSURE CHECKS:** Will be available in the Banquet Room starting at **11:15 a.m. on Tuesdays, March 3rd, 17th & 31st.**

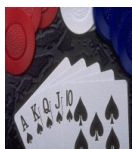


- **EXERCISE CLASS:** Is held every **Monday and Thursday morning at 9 a.m.** in the Banquet Room. The exercises are designed to help keep your joints limber. Start your day off with some fun and get health benefits too!



- **WALK FIT VIDEO:** Come in at **9:45 a.m. on Monday & Thursday mornings** for a group fitness walk video. It is a great way to get your heart pumping and you go at your own pace! A staff member is with the group and will help guide you through the video.

CARD TOURNEYS



Note:
Sheephead &
Rum are
switched

- **Thursday, March 5th**
Cinch Tourney
- **Thursday, March 12th**
Rum Tourney
- **Thursday, March 19th**
Sheephead Tourney
- **Thursday, March 26th** **Rum**
Euchre Tourney

Tourneys begin at 12:30 p.m. Entry fee is \$1.00 and prizes are awarded to 1st, 2nd & 3rd place. **Please sign-up by 10:00 a.m.** the morning of the Tourney you are playing in.

- **TEXAS HOLDEM:** Will be played **Monday, March 2nd at 12:30 p.m.** There is a \$1.00 charge for the chips and the winner receives a cash prize. **Reservations are due by 10 a.m. the morning you play.**

- **DOMINOES:** The Mexican Train version will be played at **12:30 p.m. Friday, March 6th and Wednesday the 18th.** It is a fun game that is easy to learn. Everyone is welcome! We play a quarter a game with the low score winning the game. **Please call in by 10 a.m. if you are coming in to play.**

- **PAY-ME:** A game similar to Rum but played with 3 decks of cards including the jokers will be played at **12:30 p.m. Monday, March 9th & Friday the 20th.** Bring your change, we play for 10 cents a round and 25 cents a game. **Please let us know by 10 a.m. if you are coming in to play.**

RAINBOW MESSENGER

- **TRIOLEY:** Bring your pennies to play Tripoley at **12:30 p.m. Wednesday, March 4th & Tuesday the 24th** We have a lot of fun! **Please call in by 10 a.m. game day if you would like to play.**



- **SCRABBLE:** How about a little challenge? Come in to play Scrabble at **12:30 p.m. on Tuesdays, March 10th & 24th.** We have a lot of fun! **Please sign-up by 10 a.m. game day if you plan to attend.**

- **PHASE-10:** Will be played **Tuesday, March 10th & Monday the 30th at 12:30 p.m.** It is a fun easy card game. We play a quarter a game. **Please call in by 10:00 a.m. if you would like to play.**

- **HEARTS:** Is a fun game we will play at **12:30 p.m. Friday, March 13th and Monday the 23rd.** This game is easy to learn and very enjoyable. We play a quarter a game with low score winning! **Call in by 10:00 a.m. if you will be able to play.**

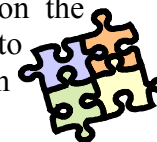
- **GOLF:** The card game, will played **Monday, March 16th and Friday the 27th at 12:30.** Four to six players can play before adding another deck. Low score wins the game. If you've played it before come in and and join the fun, if this is your first time I'm sure you'll enjoy playing. **Please call in by 10:00 a.m. to sign up.**

- **5-HANDED CINCH:** We are going to play some games for fun on **Wednesday, March 11th at 12:30 p.m.** You should give it a try. **Please sign-up by 10 a.m. that morning.**

- **Wii GAMES:** The Center has a Wii game hooked up to the large screen T.V. in the lower level of the facility. Golf, Tennis, Bowling, Boxing, Baseball, Zumba & Just Dance are available for you to play.



- **PUZZLES:** We have one on the table for anyone who would like to help. Put a few pieces together in passing or sit for awhile.



- **SHEEPHEAD LESSONS:** For everyone who signed up; will continue at **1:00 p.m. on Wednesdays.** We will be playing in the card room in the lower level.

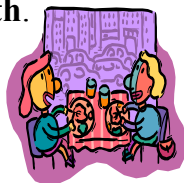


- **MAH JONGG:** Originated in China & is played with tiles similar to dominoes. The object of the game is to place tiles into combinations that make a "hand". Its concept is similar to Gin Rummy. Games are played on **Wednesdays at 12:30 p.m. and Fridays at 8:30 a.m.** **If you can play on Wednesday please call in by 10 a.m. to let us know.** New players welcome.

RAINBOW MESSENGER
MARCH, 2015

SPECIAL ACTIVITIES

- **LUNCH BUNCH:** Is Friday, March 20th at Ohana's. We will meet there at 11 a.m. They have a nice variety on the menu including several good seafood selections. Please let us know if you will be joining us by 12p.m. Tuesday, March 17th. We always go "dutch treat". Come enjoy good food and visit with old friends & make new ones!



- **CATERED MEAL:** Will be held at 12:00 Wednesday, March 25th with Betty's Daughter's Catering preparing the meal. We are going with a St. Patrick's Day theme, serving corned beef & cabbage, buttered red potatoes, corn, broccoli/cauliflower salad, yeast roll and unsweetened tea. Cost of the meal is \$8.75. Please make your reservations by 3 p.m. Monday, March 16th.



BOOMERAMA: Monday, March 16th at 12:00, Mary from Al-Anon will be the speaker and give a presentation about the program. It is a non-profit 12 Step program that offers understanding, help, and support to families and friends of problem drinkers. It is adapted from the Alcoholics Anonymous program. Al Anon is a fellowship of relatives and friends of alcoholics who share their experience, strength, and hope in order to solve their common problems. The presentation is free. There is a \$5.00 charge to cover the cost of the optional lunch. **Reservations are due by 3 p.m. Friday, March 13th.**

- **BOOK CLUB:** Will discuss "Gone Girl" by Gillian Flynn at 12:30 p.m. on Thursday, March 12th. April's book will be, "The Devil's Bed" by William Kent Krueger. This book received 4½ stars on Amazon.com and was described as a very well written mystery with twists and turns that will keep you busy reading and flipping the pages. New members are always welcome.



TRIPS

TROPICANA CASINO

Seats are still available for this trip.

Call and sign-up if you would like to go. It is scheduled for

Wednesday, March 18th. Buses will leave the Jasper Armory at 8:45 a.m. and pick-up at The United Methodist Church in Huntingburg at 9:00.

Those attending will receive transportation, \$8.00 in slot play and \$9.95 in meal credit to use at any of the restaurants on the Tropicana Property. **Cost of the trip is \$15.00. Money is due by 3 p.m. Friday, February 27th.**



DERBY DINNER

"7 Brides For 7 Brothers"

Two buses have been reserved for Tuesday, April 28th for the lunch matinee of this MGM classic with singing, dancing and romance. **Cost of the trip is \$64.00** for ticket, transportation and meal. **Sign-up by phone beginning on Wednesday, March 4th at 7:30 a.m. Money is due by 3 p.m. Friday March 27th.**



Texas Tenors



For the seniors attending this trip: the bus will leave the Jasper Armory at 4 p.m. on Friday May 15th. A stop will be made on the way over to eat, "dutch treat" at the Ponderosa. The **\$67.00 for the trip is due by 3 p.m. February 27th.**



FALL PREVENTION CLASS

Free for all Seniors

Wednesday, April 8th from 1 p.m. to 3 p.m. Lori Leinenbach, RN-CEN in conjunction with the Trauma Services Department of Memorial Hospital & Health Care Center will conduct the class here at the Habig Center. Topics covered will be ways to prevent falls including exercise, reducing home hazards and reducing other hazards such as medication and health safety. There will be a light exercise program that will focus on building strength and balance. Call the Center at 812-482- 4455 to sign-up for this very beneficial class.

HAPPY BIRTHDAY

MARCH



1st	Dennis Buechlein
5th	Denny Moeller
6th	Marge Popp
7th	Doris Daily
9th	Tom Hopf
13th	Clara Messmer
17th	Earl Knust
18th	Frank Smith
19th	Carol Cooper
19th	Patty Freeman
20th	Doris Schnell

Tax Filing Assistance Available

The Habig Center/ 9 a.m. to 3 p.m.

February: 12th, 19th & 26th

March: 5th and 26th

April: 2nd & 9th

To schedule an appointment

Call 812-482-4455

Huntingburg Senior Center is offering assistance; their information is on page 7 of this newsletter.

**Ferdinand Senior Center
Will be offering Filing Assistance
Call Mary at 812-367-2842**

• **BIRTHDAY & ANNIVERSARY:** If you would like your birthday and/or anniversary to appear in the Newsletter, please let the staff know the month and day. Thank you!!

• **BOOK SHELF:** The books have been moved downstairs to **The Habig Room**. Thanks to the generosity of so many, we have a great selection of books for you to borrow.



VOLUNTEERS NEEDED

We will have our Easter Egg Fundraiser on **Monday, March 30th at 8:30 a.m.** We



will cook & color the eggs the same day. You can help with either cooking or coloring or both. A lunch will be provided

for all helpers. **Please call the Center at: 482-4455 and sign-up to help with this fun project .**

ORDER YOUR EASTER EGGS!

Call The Center at 482-4455 between 8:00 a.m. & 3:45 p.m. and reserve your Easter Eggs. They will be **\$4.00 per dozen** and can be paid for and picked up between 8:00 a.m. and 3:45 p.m. Tuesday, March 31st thru Thursday, April 2nd. **The Center will be closed Friday, April 3rd**, in observance of Good Friday.



Recipe Exchange



Best Ever Macaroni Salad

Ingredients:

2lbs. - Macaroni

1 - large green pepper (diced)

1 - can Eagle Brand Milk

1 - cup white vinegar

1 - small onion diced

4 - cups shredded carrots

1 - cup sugar

2 - cups Miracle Whip

1/4 - tsp. pepper

Directions: Cook macaroni, rinse and drain. Add vegetables. Combine eagle brand milk, sugar, vinegar, miracle whip and pepper, mixing well. Pour over macaroni and vegetables and refrigerate. This will keep up to 3 weeks.

Submitted by: Kris Hochmeister
from Psi Iota Xi 2015 Cookbook
Have a good recipe to share? We would be happy to publish it.

• **SUNDAYS:** The Center is open from 1:00 to 4:00 p.m. for your enjoyment. We appreciate the volunteers who make this possible. If you would like to volunteer to open The Center on Sundays, call and we will add you to the list.